

IIM Raipur celebrates Intl Yoga Day

STAFF REPORTER ■ RAIPUR

The International Yoga Day was celebrated at IIM Raipur on Friday with great fervour and enthusiasm.

Students, staff and faculty members all gathered together in the sprawling new campus at Atalnagar to commemorate the day of good health and well-being, according to a press release issued by the IIM.

Director of IIM Raipur,

Professor Bharat Bhasker initiated the celebrations along with the faculty and renowned yoga instructor Shambhu Gupta.

The marquee event commenced at 6:15am with Professor Bhasker's address. He enlightened students about the necessity of good health and good lifestyle practices in this dynamic and ever demanding world. He stated that yoga is a priceless wealth of knowledge that

India has shared with the rest of the world and encouraged the students to consistently practice the art of yoga thus promoting a healthy lifestyle.

His address was followed by a speech by the yoga instructor Shambhu Gupta who enumerated the various benefits of yoga. His speech clearly outlined how yoga is not just about the body but also involves the mind and the soul. He also shared his knowledge about different

Asanas and Pranayamas along with their respective benefits.

The knowledge sharing session was followed by the common yoga protocol which started with a yogic prayer and a small speech about origin and history of yoga. Various yogasans like Sadilaja, ChaalanKriyas, Yogaasana, Kapaalabhati, Pranayama and Dhyana were performed by the IIM Raipur fraternity under supervision of Gupta.